



# *Alternative Medicine*

The CIGNA HealthCare program for Maricopa County employees and dependents participating in the CIGNA benefit plan includes a special benefit for Alternative Medicine Services. This in-network benefit offers up to (6) six visits (without a referral) per contract year to CIGNA's Designated Alternative Medicine network for services which may not be standardly covered under the medical program.

The following information describes the covered Alternative Medicine Services and how to access these services.

## **What is Alternative Medicine?**

Alternative medicine encompasses a broad spectrum of services not standardly performed or practiced within conventional medicine. The Alternative Medicine Services covered under the CIGNA benefit plan include certain, but not all, types of alternative medicine treatment and services.

## **Covered Services**

Covered Alternative Medicine Services include only those services described in the CIGNA benefit plan as generally summarized below, which are provided in-network by a Designated Alternative Medicine Center. Coverage is limited to six (6) self-referral visits per contract year. A five dollar (\$5) copay is required at each of the Six (6) self-referral visits.

- ✓ Physician Evaluation and Management
- ✓ Physical Medicine
- ✓ Acupuncture/Acupressure
- ✓ Homeopathic Consultation
- ✓ Biofeedback/Guided Imagery
- ✓ Herbal/Homeopathic or Natural Products as dispensed in conjunction with an office visit at a Designated Alternative Medicine Center not to exceed \$60 retail value for all products combined per contract year.

Please see the CIGNA Point of Service benefit plan for specific covered expenses and exclusions.

### **Where Are Services Provided?**

Alternative Medicine Services are covered when provided or performed at Designated Alternative Medicine Centers (facilities with physicians and practitioners with which CIGNA has contracted to provide Alternative Medicine Services). Alternative Medicine Services provided to a Participant by a facility, physician, or practitioner that is not a CIGNA HealthCare Designated Alternative Medicine Center will not be covered or reimbursed by CIGNA.

### **How to Schedule an Appointment**

To schedule an appointment, contact a provider listed below:\*

#### **Central**

#### **North**

##### **Southwest Naturopathic Medical Center**

8010 E. McDowell Rd., #205  
Scottsdale, AZ 85257  
480/970-0000

##### **Naturopathic Family Care**

13832 N. 32nd St.  
Phoenix, AZ 85032  
602/493-2273

**\*Please Note:** As credentialing is in process, this list is subject to change.